



**GOURMET
GORILLA**



Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, March 27 Chipotle Lime Chicken Chipotle Lime Tofu Brown Rice Peas Pear Slices	Tuesday, March 28 Penne Pasta w/ Turkey Bolognese <i>Penne Pasta w/ Veggie Bolognese</i> Green Beans Appleberry Sauce	Wednesday, March 29 Bean & Cheese Burrito Broccoli Pineapple	Thursday, March 30 Turkey Sausage Patty <i>Veggie Sausage Patty</i> WG French Toast Sticks Cucumber Slices Fruit Salad CHP	Friday, March 31 Bell & Evans Chicken Nugget <i>Veggie Nuggets</i> WG Bread Squash Medley Applesauce Ketchup
Monday, April 3 Rotini Pasta w/ Tomato Cream Sauce Mozzarella Cheese Peas Orange Slices	Tuesday, April 4 WG Garlic Herb Cheese Pizza w/ Marinara Sauce Steamed Carrots Pear Slices	Wednesday, April 5 WG "Crispy" Chicken Sandwich <i>Veggie Burger</i> WG Hamburger Bun Roasted Sweet Potatoes Melon	Thursday, April 6 Ravioli w/ Marinara Sauce & Mozzarella Cheese Broccoli Fruit Salad CHP	Friday, April 7 Turkey Sloppy Joe <i>Veggie Sloppy Joe</i> WG Hamburger Bun Mashed Potatoes Apple Slices
Monday, April 10 Peri Peri Chicken <i>Peri Peri Tofu</i> Quinoa Cucumber Salad Applesauce	Tuesday, April 11 Penne Mostaccioli Peas Pear Slices	Wednesday, April 12 Turkey Sausage Patty <i>Veggie Sausage Patty</i> WG Pancake Steamed Carrots Pineapple	Thursday, April 13 Chicken Mushroom Marsala <i>Chickenless Veggie Marsala</i> Brown Rice Broccoli Melon	Friday, April 14 Bell & Evans Chicken Nugget <i>Veggie Nuggets</i> WG Bread Roasted Potatoes Orange Slices
Monday, April 17 Hawaiian Chicken <i>Hawaiian Tofu</i> Brown Rice Peas Apple Slices	Tuesday, April 18 Creamy Mac 'N Cheese Broccoli Pear Slices	Wednesday, April 19 Turkey Chili w/ Shredded Cheddar <i>Vegetarian Three Bean Chili</i> Corn Bread Cucumber Slices Melon	Thursday, April 20 WG Tomato Basil Pesto Pizza w/ Marinara Sauce Steamed Carrots Fruit Salad CHP	Friday, April 21 WG Tortellini Pasta w/ Roasted Red Pepper Sauce & Mozzarella Cheese Green Beans Orange Slices
Monday, April 24 Chipotle Lime Chicken Chipotle Lime Tofu Brown Rice Peas Pear Slices	Tuesday, April 25 Penne Pasta w/ Turkey Bolognese <i>Penne Pasta w/ Veggie Bolognese</i> Green Beans Appleberry Sauce	Wednesday, April 26 Bean & Cheese Burrito Broccoli Pineapple	Thursday, April 27 Turkey Sausage Patty <i>Veggie Sausage Patty</i> WG French Toast Sticks Cucumber Slices Fruit Salad CHP	Friday, April 28 Bell & Evans Chicken Nugget <i>Veggie Nuggets</i> WG Bread Squash Medley Applesauce

WG = Whole Grain
CHP = Cantaloupe, Honeydew, Pineapple

SPRING LUNCH MENU

April 2023

GourmetGorilla.com



**GOURMET
GORILLA**



SPRING GF/DF/EF LUNCH MENU

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, March 27 Chipotle Lime Chicken Brown Rice Peas Pear Slices	Tuesday, March 28 GF Penne Pasta w/GF/DF/EF Turkey Bolognese Green Beans Appleberry Sauce	Wednesday, March 29 GF/DF/EF Bean & Cheese Tamale Broccoli Pineapple	Thursday, March 30 Turkey Sausage Patty GF/DF/EF Bread Cucumber Slices Fruit Salad CHP	Friday, March 31 Grilled Chicken GF/DF/EF Bread Squash Medley Applesauce
 Monday, April 3 GF Penne w/GF/DF/EF Turkey Bolognese Peas Orange Slices 	 Tuesday, April 4 GF/DF/EF Bean & Cheese Tamale Steamed Carrots Pear Slices 	 Wednesday, April 5 GF/DF/EF Grilled Chicken GF/DF/EF Hamburger Bun Roasted Sweet Potatoes Melon 	 Thursday, April 6 GF Penne w/GF/DF/EF Turkey Bolognese Broccoli Fruit Salad CHP 	 Friday, April 7 Turkey Skoy Joe GF/DF/EF Hamburger Bun DF Mashed Potatoes Apple Slices
Monday, April 10 Peri Peri Chicken Quinoa Cucumber Salad Applesauce	Tuesday, April 11 GF Penne Pasta w/ GF/DF/EF Turkey Bolognese Peas Pear Slices	Wednesday, April 12 GF/DF/EF Turkey Sausage Patty GF/DF/EF Waffle Steamed Carrots Pineapple	Thursday, April 13 GF/DF/EF Chicken Mushroom Marsala Brown Rice Broccoli Melon	Friday, April 14 GF/DF/EF Grilled Chicken GF/DF/EF Bread Roasted Potatoes Orange Slices
Monday, April 17 Hawaiian Chicken Brown Rice Peas Apple Slices	Tuesday, April 18 GF/DF/EF Mac'n Cheese Turkey Meatballs Broccoli Pear Slices	Wednesday, April 19 Turkey Chili GF/DF/EF Bread Cucumber Slices Melon	Thursday, April 20 GF/DF/EF Bean & Cheese Tamale Steamed Carrots Fruit Salad CHP	Friday, April 21 GF Penne Pasta w/ GF/DF/EF Roasted Red Pepper Sauce & GF/DF/EF Turkey Meatballs Green Beans Orange Slices
Monday, April 24 Chipotle Lime Chicken Brown Rice Peas Pear Slices	Tuesday, April 25 GF Penne Pasta w/GF/DF/EF Turkey Bolognese Green Beans Appleberry Sauce	Wednesday, April 26 GF/DF/EF Bean & Cheese Tamale Broccoli Pineapple	Thursday, April 27 Turkey Sausage Patty GF/DF/EF Bread Cucumber Slices Fruit Salad CHP	Friday, April 28 Grilled Chicken GF/DF/EF Bread Squash Medley Applesauce

All items on this menu are gluten-free/dairy-free/egg-free.

CHP = Cantaloupe, Honeydew, Pineapple